

Active Bodies, Active Minds

Are you seeking low cost, research-based ways to improve student learning? A contemporary physical education program combined with other school-based physical activities can stimulate learning. Join your colleagues to explore the neuroscience behind the cognitive benefits of exercise. Then, sample practical ways to implement and measure effective strategies in your school. Teams of administrators, physical educators, and school board members are encouraged to attend.

As a result of this workshop participants will be able to:

- a) Describe the benefits of physical activity for learning;
- b) Develop and implement strategies that will increase movement opportunities for students; and
- c) Measure and evaluate the impact of implemented strategies.

Facilitator:	Lindsay Simpson, Physical Education Consultant Vermont Department of Education
Date:	Tuesday, March 16th
Time:	10:00 a.m. to 1:00 p.m., healthy lunch provided
Cost:	\$15.00 per person
Location:	Vermont Principals' Association, Montpelier
Enrollment:	Limited to 30 participants

To register, contact **Wendy Scott**: wscott@vpaonline.org or (802) 229-0547